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RELEASED FOR PUBLICATION
NOVEMBER 6, 1931 (FRIDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

The Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

:	Every meal--Milk for children, bread for all.	:
:	Every day---Cereal in porridge or pudding.	:
:	Potatoes.	:
:	Tomatoes (or oranges) for children.	:
:	A green or yellow vegetable.	:
:	A fruit or additional vegetable.	:
:	Milk for all.	:
:	Two to four times a week--	:
:	Tomatoes for all.	:
:	Dried beans and peas or peanuts.	:
:	Eggs (especially for children).	:
:	Lean meat, fish or poultry and cheese.	:

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WINTER VEGETABLES IN LOW-COST MEALS

The time has come, in many parts of the country, to give thought to winter vegetables. Nutritionists of the Bureau of Home Economics particularly emphasize one bit of advice to families with slender pocketbooks: "The fewer kinds of food in the diet, the more important it is that some of them should be vegetables."

Vegetables, then, must be included in the low-cost food supply if it is to be adequate. Then what have we this week? Fortunately, some of the best winter



vegetables are among the cheapest kinds reported in current price lists. Potatoes, sweetpotatoes, carrots, turnips, onions, and cabbage are first on the list because they provide exceptional food value at low cost. Then there are parsnips, beets, kohlrabi and winter squashes and pumpkins, with canned tomatoes, kale, spinach, and sauerkraut to give the tang that tickles the palate and adds more minerals and vitamins. There are, also, just now, the half-dried beans and peas that sometimes appear in market, vines and all. There are, in any case, the dried beans, and dried peas, which are so very useful, as well as appetizing, because of their minerals and proteins.

A medium-sized potato, baked or boiled, has a fuel value of about 100 calories. It has also some protein or muscle-building value, some iron, and some vitamin C, all of which are important because we eat potatoes in quantity. To retain their food value, however, vegetables must be cooked right. The way to keep the vitamin C and the iron in the potato is to bake or boil it in the skin.

Next to the potato, the carrot probably is the cheapest and most important underground vegetable. Carrots are rich in iron; they are unusually rich in vitamins; and many people like them better raw than cooked, which is a sure way to get all the fine food value that is in them. Raw carrots will add, if you like, a cheap salad course to a meal. A strip of raw carrot makes a tasty relish. Carrots cut small, boiled, and buttered, are easy to prepare. Carrots fried with apples make a good combination, and apples, too, are cheap this fall. Mashed carrots are an agreeable variation, the bureau specialists suggest. To prepare mashed carrots, they say, steam them or cook them in a small amount of boiling salted water until tender, press through a colander or potato ricer, and season with salt, pepper, and butter.

Onions and turnips claim attention as winter vegetables not only because they are cheap but because they furnish variety and flavor along with exceptional food value. Raw onions, say the food chemists, contribute some vitamin C, which is important in the winter diet. Onions baked in tomato sauce combine two cheap and



important vegetable foods.

Cabbage, according to the recipe expert, is surprisingly sweet and delicate if simmered in milk for 5 minutes, then thickened slightly with blended flour and butter and salt. Or cabbage may be scalloped with apples according to the recipe given today. Or, again, shredded cabbage may be cooked with spaghetti and cheese with buttered bread crumbs over the top, and baked until the crumbs are golden brown-- making a good one-dish meal for a winter day.

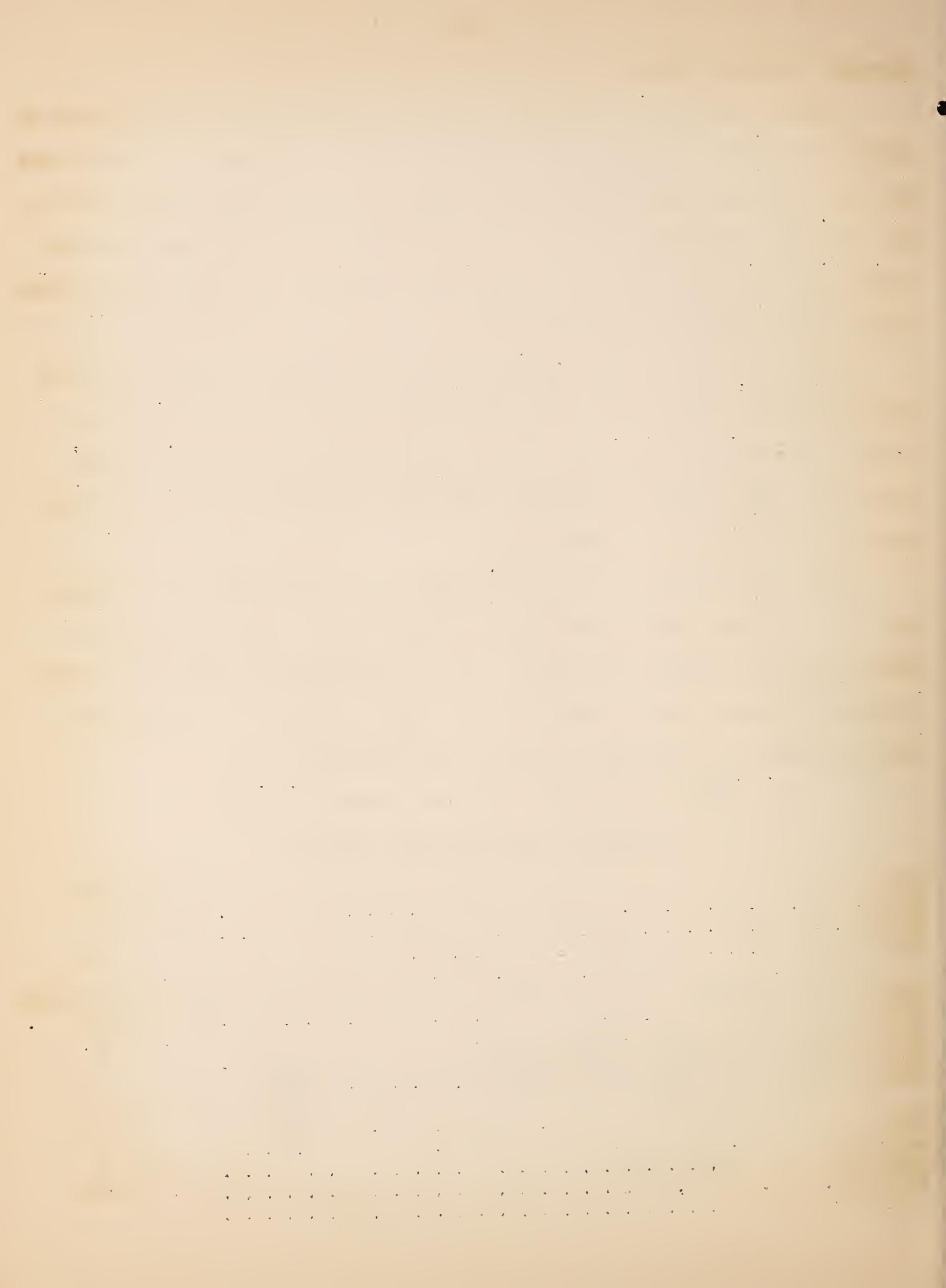
This week's Market Basket shopping list is for a family of seven, two adults and five children, aged 2, 5, 8, 12, and 15 years. The menu suggested, however, should be modified for the youngest child-- giving him, say, an egg and a potato baked in the skin, instead of spareribs baked with sweetpotatoes around them, which may be too rich a dish for a young child.

Some of the recipes for this week's menu, together with many other recipes, are in "Aunt Sammy's Radio Recipes Revised," or in "Food for Children," Farmers' Bulletin 1674-F, both issued by the U. S. Department of Agriculture. Copies of these publications can be obtained free of charge on request to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF SEVEN

including two adults and five children

Bread	16 - 22	lbs.
Flour	3 - 4	"
Cereal	6 - 8	"
Whole fresh milk	30 - 42	qts.
or		
Canned evaporated milk	30 - 42	tall cans
Potatoes	20 - 30	lbs.
Dried beans, peas, peanut butter	1 - 3	"
Tomatoes, fresh or canned, or citrus fruits	9	"
Other vegetables (including some of green or yellow color) and inexpensive fruits	20 - 25	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	4	"
Sugar and molasses	5	"
Lean meat, fish, cheese, eggs	7 - 10	"
Eggs (for children)	8	eggs



MENU FOR ONE DAY

Breakfast

Fresh Fruit (Grapes)
Cooked Cereal with Milk
Toast
Coffee (adults) - Milk (children)

Dinner

Spareribs baked with Sweetpotatoes
Carrots and Cabbage Salad
with Peanut Butter in Dressing

Supper

Creamed Mixed Vegetables
Whole Wheat Toast
Hot Cider and Gingerbread

* * * * *

RECIPES

Spareribs Baked with Sweetpotatoes

2 sections of spareribs
Salt
Pepper

Flour
5 or 6 sweetpotatoes

Select well-fleshed ribs, and have the breastbone cracked so that it will be easy to carve between the ribs. Wipe the meat with a damp cloth. Sprinkle the spareribs lightly with salt, pepper, and flour. Wash and pare the sweetpotatoes and cut them in half lengthwise. Sprinkle with salt. Place the spareribs in a roasting pan without water and lay the halves of sweetpotatoes around them. Cover and bake for about an hour, or until the meat is tender and the potatoes cooked through. Then remove the lid and continue baking for 15 to 20 minutes to brown.

Mashed Turnips

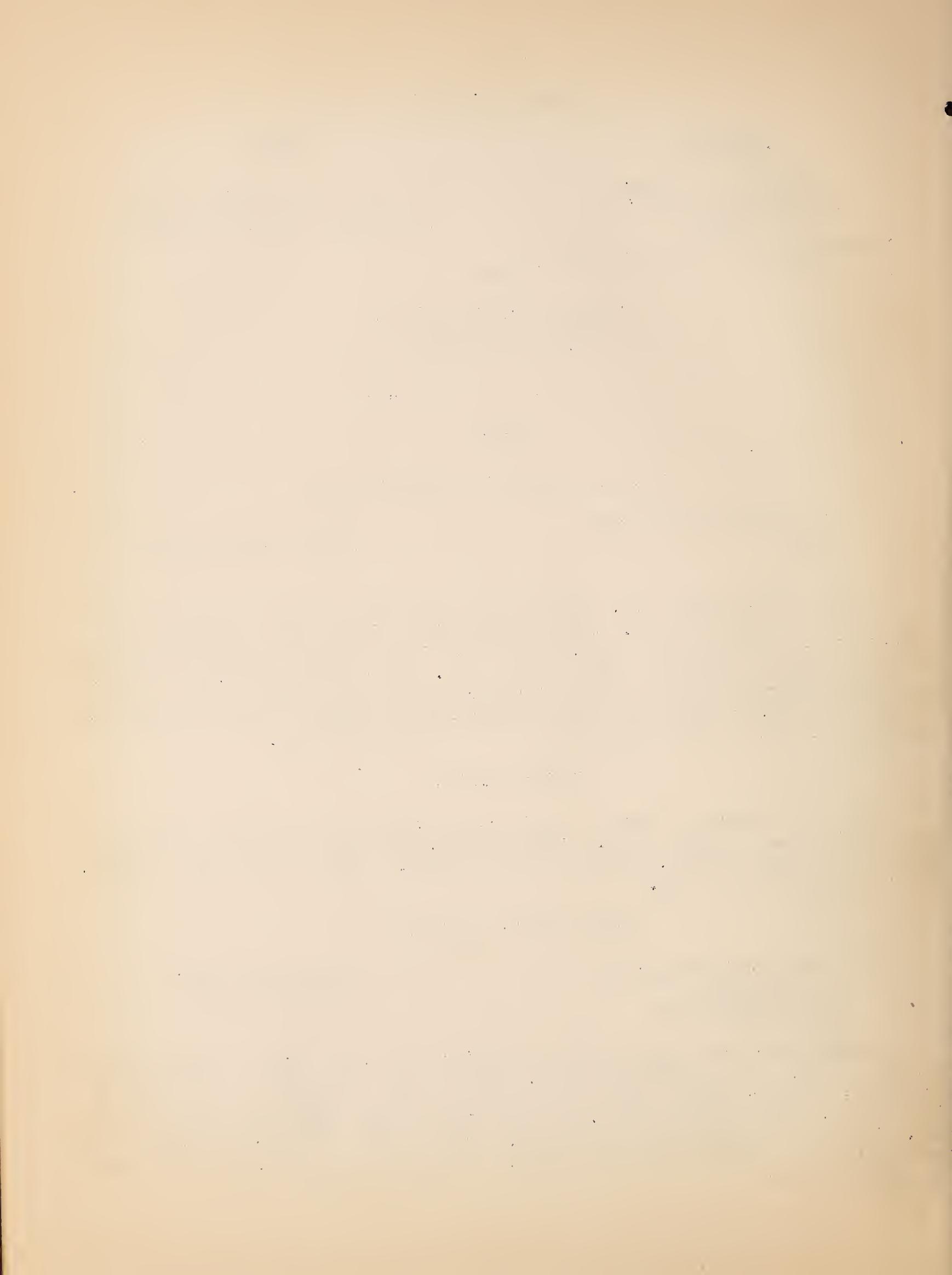
Pare the turnips. Steam or cook in salted water in an uncovered kettle for about 20 minutes, or until tender. Drain and dry, then press through a colander, season with cream or butter, and more salt if needed. Serve at once with a sprinkling of paprika over the top.

Fried Carrots and Apples

6 medium-sized carrots
6 tart apples
2 tablespoons fat

1 tablespoon sugar
 $\frac{1}{4}$ teaspoon salt

Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the skin on, as preferred, core, and cut into slices about a fourth of an inch thick. Place a single layer of the apples and the carrots in a large skillet with the fat, cover tightly, and cook until well browned, turn, and brown the other side. Just before the cooking is finished, sprinkle with the sugar and salt. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be lifted together.



Creamed Mixed Vegetables

1 cup diced potatoes	2 tablespoons melted butter
1 cup diced carrots	2 tablespoons flour
$\frac{1}{2}$ cup chopped onion	$1\frac{1}{2}$ teaspoons salt
1 cup diced turnips	1 cup milk
2 cups finely chopped cabbage	

Cook the potatoes, carrots, onions, and turnips in three cups of boiling water until almost tender. Add the cabbage, allowing about five minutes for cooking. Prepare a sauce of the melted butter, flour, salt, and milk. Cook until thickened and stir this sauce into the vegetables. Cook a few minutes longer, until the desired consistency is reached, and then serve.

Scalloped Cabbage and Apples

2 quarts shredded cabbage	1 teaspoon sugar
1 quart tart sliced apples	2 to 4 tablespoons butter or other fat
2 teaspoons salt	1 cup buttered bread crumbs

In a greased baking dish place alternate layers of the cabbage and apples, seasoning each with salt and fat and sprinkling the sugar on the apples. Over the last layer spread the buttered crumbs. Cover, and bake in a moderate oven for 45 minutes, or until the cabbage and apples are tender. Toward the last remove the cover so the crumbs can brown. Serve in the baking dish.

Stuffed Onions

5 large mild onions	2 cups bread crumbs
3 tablespoons butter or other fat	1 teaspoon salt
$\frac{1}{2}$ cup chopped celery	Pepper
2 tablespoons chopped parsley	

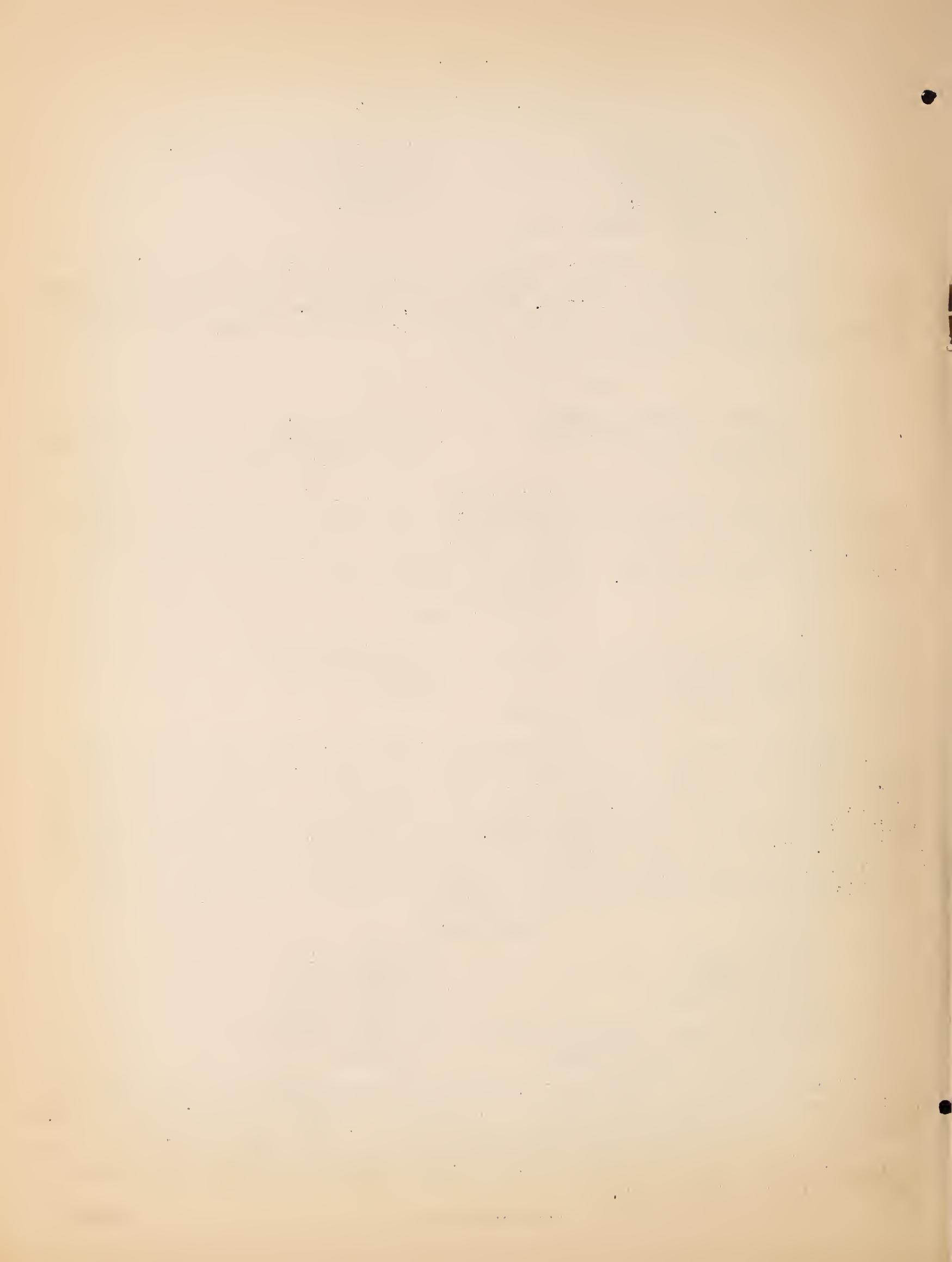
Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Melt 2 tablespoons of the fat in a frying pan, add the chopped onion, celery, parsley, and cook for a few minutes. Push the vegetables to one side, melt the remaining fat and add to it the bread crumbs, salt, and pepper, then combine with the vegetables. Fill the onion shells with the stuffing, cover, and bake in a moderate oven for about 30 minutes, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so the onions will brown on top.

Gingerbread

$\frac{1}{3}$ cup fat	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 cup molasses	1 teaspoon ginger
1 egg	$\frac{1}{2}$ teaspoon cloves
3 cups sifted soft-wheat flour	$\frac{1}{2}$ teaspoon cinnamon
4 teaspoons baking powder	1 cup milk

Cream together the sugar and fat, add the molasses and beaten egg. Sift the dry ingredients together twice and add to the first mixture alternately with the milk. Bake in two shallow pans in a moderate oven (350°F.) for 30 to 40 minutes.

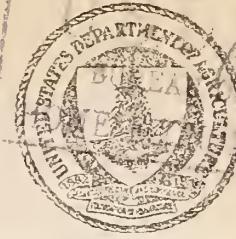
One cup of sour milk may be used instead of the sweet milk. In that case, use 1 scant teaspoon of soda in place of the one-half teaspoon now called for, and use only 2 teaspoons baking powder.



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* * * * *

THE MOST FOR THE MONEY -- AND HOW TO MAKE THE WEEK'S SUPPLY GO AROUND

Every housekeeper knows that she can buy in quantity to better advantage than if she buys hand-to-mouth. But considerable savings are possible even in small-quantity buying, says the Bureau of Home Economics, if three important facts are kept in mind:

- (1) On many kinds of goods the price in bulk is less than the price in package.

(2) The larger can or package, almost always, is a better buy than the small one.

(3) The label, on all canned or package goods, tells something the purchaser needs to know, especially about the weight of the contents.

Bulk versus Package

The savings on cereal foods purchased in bulk instead of in package run as high as 50 cents on the dollar, which is the more important because these are foods which must be depended upon for a large proportion of the food value in low-cost menus. A family of five, buying according to the market list this week, could save 14 to 21 cents on the week's supply of oatmeal, for example; 20 to 30 cents on a week's supply of rice; 18 to 27 cents on a week's supply of hominy grits, by purchasing in bulk instead of in packages the 4 to 6 pounds called for in the weekly list. Following are prices for these cereals, and for macaroni and cornmeal. These prices may vary in different parts of the country, although the savings will remain about the same.

		In bulk	In package	Saving per pound on bulk purchase
Oatmeal	per pound	\$.03	\$.065	\$.035
Hominy grits	" "	.025	.07	.045
Rice	" "	.055	.105	.050
Macaroni	" "	.065	.125	.06
Cornmeal	" "	.0275	.0375	.01

Large Can versus Small

The saving on canned goods, especially milk, vegetables, and cooking molasses, if bought in large cans instead of small, is considerable. On the week's supply of evaporated milk, of which the market list calls for 23 to 28 pound cans, the cost of 23 such cans, purchased one at a time, would be \$1.69, as against \$2.40 if the "baby" or 6-ounce can is purchased— saving of 71 cents for the week. On 28 pound cans the saving would be 95 cents for the week. On other canned goods the savings figured on



the amount in the large container, amount to:

When you buy If you take the large container You will save

Beans, Lima, canned	20 oz.	instead of 11 oz.	\$.08
Beans, pork and	18 oz.	" " 11 oz.	.02
Corn	20 oz.	" " 11 oz.	.02 $\frac{1}{2}$
Peas	20 oz.	" " 11 oz.	.02 $\frac{1}{2}$
Tomatoes	33 oz.	" " 20 oz.	.04
Peanut butter	16 oz.	" " 5 oz.	.09
Cocoa	1 lb.	" " 1/5 lb.	.10
Baking powder	16 oz.	" " 4 oz.	.04
Tea	1/2 lb.	" " 1/4 lb.	.03
Cooking oil	1 qt.	" " 1 pt.	.06
Vinegar	1 gal.	" " 1 pt.	.23
Evaporated milk	16 oz.	" " 6 oz.	.03
Cooking molasses.	40 oz.	" " 18 oz.	.08
Syrup	5 lb.	" " 1 lb.	.10

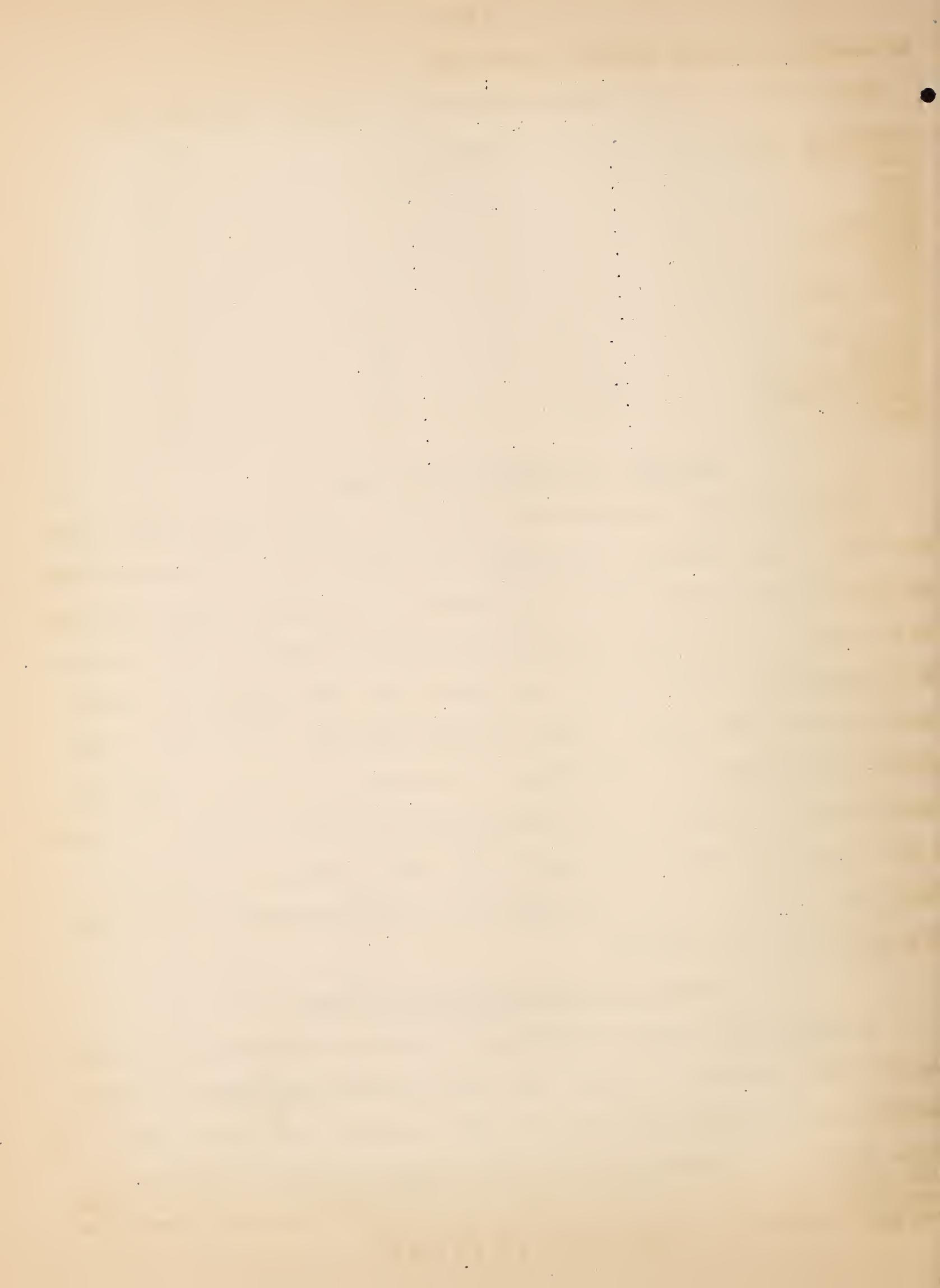
The Label, the Weight, and the Price

Buyers of package goods or canned goods should always read the label, says the Bureau of Home Economics. Of macaroni, for example, there are 8-ounce packages and 9-ounce packages which look very much alike but are correctly labeled somewhere on the wrapper. The law requires that the net weight be printed on every package. It is important to know the grade of any product, also, and sometimes the cheaper grades will serve the purpose as well as the more expensive. If you want a fish chowder, for instance, or a salmon loaf, or croquettes, it is useful to know that canned salmon is available in five different grades and prices, ranging usually from 8 or 9 cents to 30 cents per can of equal size. The two cheapest kinds are the "Chum" and the "Pink" -- at 8 to 10 cents a can -- both wholesome and satisfactory when used in the ways suggested.

Making the Weekly Food Supply Go Around

The bureau also has some suggestions this week on another phase of the problem of feeding the family -- namely, how to make the weekly food supply go around. Assuming that the week's supply has been bought according to the low-cost food guide, does the housekeeper then have trouble making the supply go around for all seven days of the week? She may, for the margin is small -- and the bureau accordingly offers this week a full set of menus, suggesting how the weekly allowance of food may be distributed through each of the seven days.

* * * * *



The weekly food supply, computed for a family of five with a very small income, is given this week as usual, and with it a menu for each day of the week, utilizing exactly the quantities and the foods suggested. In other words, the housekeeper who has done her marketing by this list of foods, can serve the following menus to her family of five and the food supply will last through the week:

Weekly Low-Cost Food Supply for a Family of Five
including
two adults and five children.

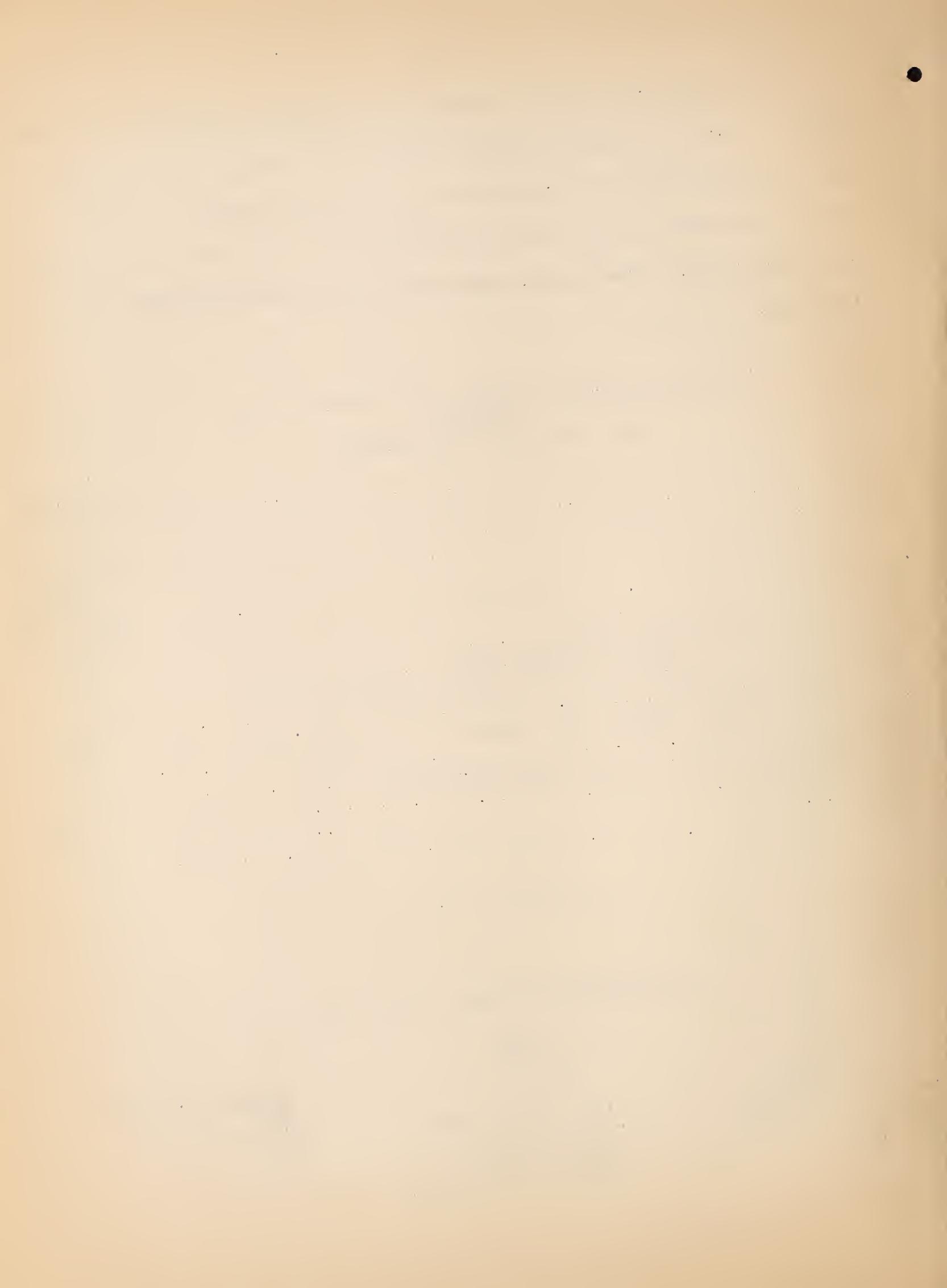
Bread	12-16 lbs.
Flour	1- 2 "
Cereal	4- 6 "
Whole fresh milk	23-28 qts.
or	pound
Canned evaporated milk	23-28/ cans
Potatoes	15-20 lbs.
Dried beans, peas, peanut butter	1- 2 "
Tomatoes, fresh or canned, or citrus fruit	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15-18 "
Fats, such as bacon, butter, lard, margarin, salt pork, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound)	5- 7 "
Eggs (for children)	8 eggs
Coffee	1 lb.
Tea	¼ "

* * * * *

Suggested Low-Cost Menus for One Week

Sunday

<u>Breakfast</u>	<u>Dinner</u>	<u>Luncheon or Supper</u>
Oranges (children)	Rice and meat loaf	Cream of pea soup
Whole-wheat porridge	Baked potatoes	Omelet
Top milk	Stewed tomatoes	
	Raisin bread pudding	



Monday

Breakfast

Stewed prunes
Oatmeal
Top milk
Toast

Dinner

Creamed rice soup
Fish with macaroni
Vegetable slaw (5-minute
cabbage for children)
Oatmeal cookies

Luncheon or Supper

Vegetable chowder
Corn bread

Whole-wheat porridge
Top milk

Corned-beef hash
Soft-cooked eggs (for
children)
Beets
Apple shortcake

Bean soup (cereal for baby)
Cottage cheese, date salad,
French dressing
Fruit cup

Wednesday

Oatmeal
Top milk
Toast

Broiled haddock
Baked onions in tomato
sauce
Baked potatoes
Oatmeal cookies

Corn chowder (cereal for
baby)
Egg salad

Thursday

Rice
Top milk
Toast

Meat stew
Apple sauce

Scrambled eggs
Baked potatoes
Stewed tomatoes
Gingerbread

Friday

Stewed prunes
Whole-wheat porridge
Top milk
Toast

Macaroni and cheese
Beets
Lettuce and dressing
Left-over gingerbread

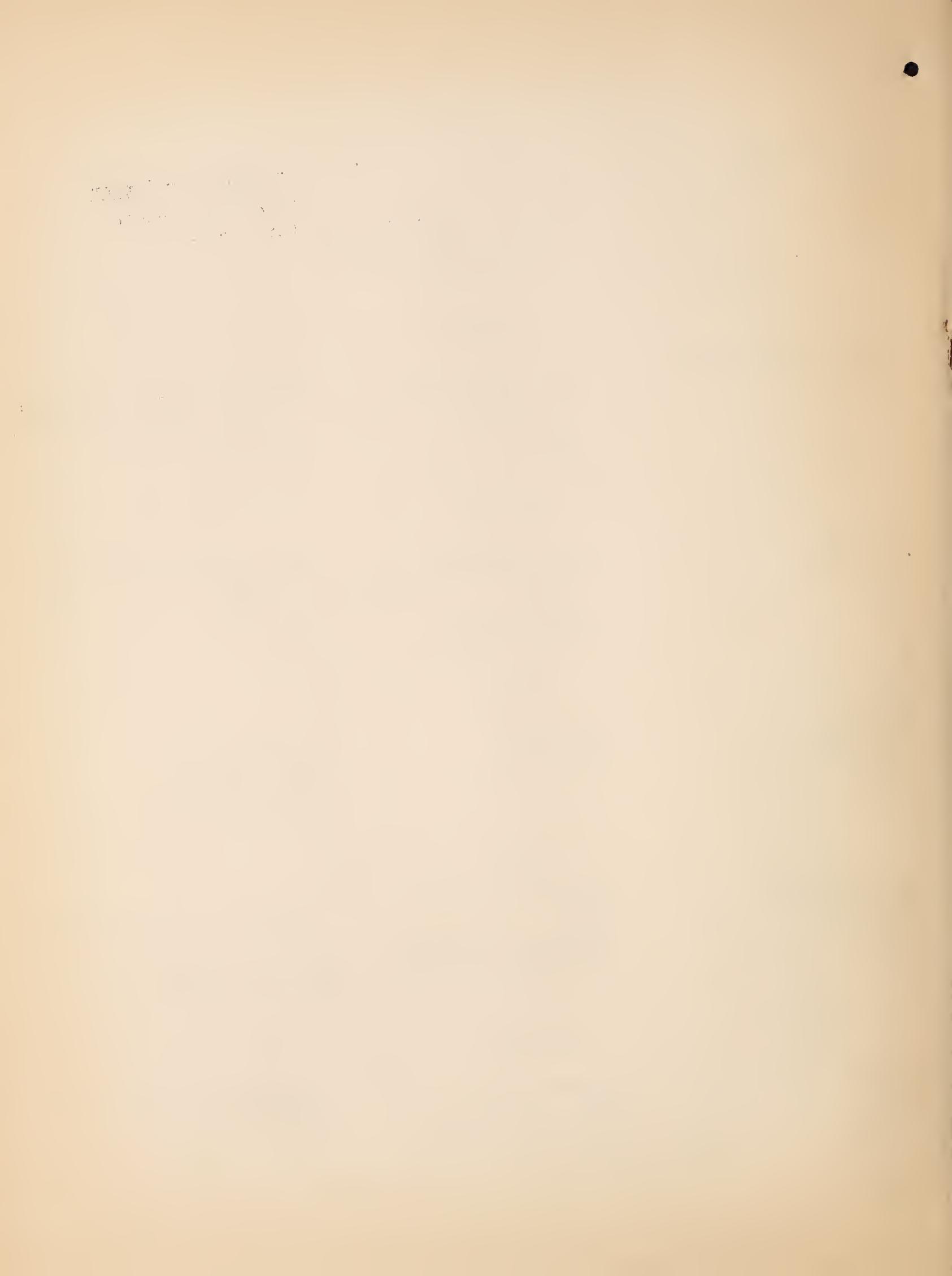
Vegetable plate (cereal for
baby)
Baked stuffed potato
Creamed carrots
Boiled turnips

Saturday

Oatmeal
Top milk
Toast

Seasoned beans
Baked brown bread
Five-minute cabbage
Apple sauce

Creamed chipped beef
Boiled potatoes
Carrots



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:	A green or yellow vegetable.	:
:	A fruit or additional vegetable.	:
:	Milk for all.	:
: Two to four times a week--		:
:	Tomatoes for all.	:
:	Dried beans, and peas, or peanuts.	:
:	Eggs (especially for children).	:
:	Lean meat, fish, or poultry, and cheese.	:

DRESSING UP THE LOW-COST MEAL

To make dinner on November 26 seem like a Thanksgiving dinner and yet not cost much! This question, so baffling to many housewives, and to many of them more of a problem this year than usual, is answered in this week's suggestions of the Bureau of Home Economics. The bureau has planned a dinner which at eastern city prices will cost not more than \$2.07 for a family of five and in many places will cost less. The family consists of father, mother, and three children under fourteen years of age.



It is a simple dinner, "dressed up" by a few extra touches requiring a little thought and a few cents extra cash. It is a well-balanced meal, appetizing and satisfying if properly cooked and attractively served.

That biggest item of cost in the traditional Thanksgiving dinner, the turkey, does not appear in this dinner. It takes a rather big turkey to make an economical purchase, and it would mean a considerable outlay in cash for the small family with a small pocketbook. The turkey would last several days, it is true, but would mean meat for those days at turkey prices.

On this Thanksgiving table there will be a handsomely browned stuffed chicken. A plump stewing chicken-- a 5-pound hen, older than the fowl usually sold for baking-- is a good buy for this purpose. The cost will probably not exceed 25 cents a pound in a city market and may be considerably less. Prepared in the way described by the food specialists of the Bureau of Home Economics (by stuffing the fowl, pot-roasting it, and then browning it in a hot oven) you can have a comparatively cheap but delicious substitute for the Thanksgiving turkey.

That is one meat suggestion. An alternative is fried rabbit. Rabbit is available in the market at no higher price than chicken. Or some one may bring rabbits home as trophies of the hunting season. Roast duck is another possibility, at comparatively low cost.

The vegetables in this Thanksgiving dinner are mashed potatoes and diced yellow turnips. If preferred, you can use potatoes and carrots, or sweetpotatoes and boiled onions. The quality and attractiveness of all vegetables, it should be remembered, depend very largely upon proper cooking.

The relish is crisp raw celery, and whole-cranberry sauce is served with the chicken.

Pumpkin pie, an appropriate autumn dessert, is an inexpensive way to round out the Thanksgiving meal.



Well cooked and nicely served, this meal is appetizing partly because it is colorful-- the richly browned chicken, the white and yellow vegetables, the green leaves of the celery, the glowing red of the cranberry sauce, and the spicy brown of pumpkin pie. Choosing vegetables and planning desserts for their color as well as for their taste and food value, is one way of "dressing up" or giving variety to a low-cost meal. Another and more familiar means is a bit of garnishing. A sprig of parsley, or, in this dinner, celery leaves, dress up the chicken platter. For 6 cents more a cube of cheese to go with the pumpkin pie, and for 15 cents more some raisins (6 cents) and nuts (9 cents) dress up the dinner still more.

The cost, itemized by quantities actually used in preparation of the dinner, amounts to this:

Chicken and stuffing	\$ 1.37
Gravy	<u>.108</u> \$ 1.478
Mashed potatoes	.077
Turnips	.095
Cranberry sauce	.128
Pumpkin pie	.181
Coffee	.006
Milk (for the children)	<u>.105</u> \$ 2.070

Fresh milk is used in this dinner. Substitution of evaporated milk in the gravy, potatoes, and pie, reduces the cost to \$1.97.

The outlay for the dinner is rather more than the cost, but use of left-overs will offset this. There will be something left of the chicken and perhaps of the cranberries. There can be chicken soup next day, made from the bones, even if no meat is left. Or there may be chicken pie, chicken noodles, or chicken dumplings, made with the left-over meat and gravy. The chicken, then, is a very economical dish.



There is a small outlay for seasoning, sugar, and celery, which is more than the usual weekly market list provides for. But nearly all these items are an investment, not a day's extravagance. Left-over celery leaves or parsley can be put in a paper bag, hung up to dry, and used as celery "salt" for seasoning. The other seasoning, bought for a few cents a package, will be on hand to give flavor and variety to other meals.

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A THANKSGIVING DINNER AT LOW COST

Pot-Roasted Chicken with Savory Stuffing and Gravy

Mashed Potatoes - Diced Turnips

Cranberry Sauce - Celery

Pumpkin Pie

Coffee (for two)

Milk (for children)

RECIPES

Pot-Roasted Chicken with Savory Stuffing

4 to 5 pound chicken

2 cups fine bread crumbs

4 tablespoons butter or other fat

1/2 teaspoon salt

1 cup chopped celery and leaves

Pepper

2 tablespoons chopped onion

1/4 teaspoon savory seasoning

2 or 3 sprigs parsley, cut fine

Select a plump chicken, draw, remove pin feathers and oil sac, wash and wipe dry inside and out. Sprinkle salt inside the chicken and fill it lightly with hot stuffing. Fold the wings back on the neck and tuck the legs into the band of skin and flesh below the tail. Rub the surface of the chicken with butter; sprinkle with salt, pepper, and flour. Then put the chicken on a rack in a heavy kettle, add a small quantity of water, cover closely, and cook over low heat about two hours or until the chicken is tender. Then transfer the chicken to an open roasting pan. Add the drippings, baste well, and put in a moderately hot oven until brown. Serve with plain or gilet gravy.

Instead of cooking in a heavy kettle as indicated above, the chicken may be put in a covered pan and cooked in a very moderate oven until tender. Remove the cover during the end of the cooking for the chicken to brown.

For the savory stuffing: Melt the fat in a skillet, add the celery, onion, and parsley and cook for a few minutes. Then add the bread crumbs and seasonings and stir until well mixed and hot. Sprinkle salt inside the chicken and fill it lightly with the hot stuffing.

Gravy

For each cup of gravy, use 2 tablespoons of the pan drippings and 1 1/2 tablespoons of flour. Blend fat and flour thoroughly in the skillet, add 1 cup of milk, and stir until thickened. Add chopped parsley, salt, and pepper to season. Add the giblets (chopped and cooked) if desired.



Mashed Potatoes

6 medium-sized potatoes
1 cup hot milk
1 tablespoon butter

2 teaspoons salt
White pepper

Mash the hot-cooked potatoes or put through a potato ricer (or coarse strainer). Add the hot milk, butter, and seasonings, and beat until light. Serve piled high in a hot uncovered dish.

Mashed potatoes should be served at once, but if the meal is delayed put the saucepan containing the mashed potatoes into a pan of boiling water over a low flame.

Diced Turnips

5 large turnips (about 1 bunch)
Salt

Butter or other fat

Pare the turnips and cook them in boiling salted water about 30 minutes or until tender. Drain and cut the turnips in cubes. Add the butter or other fat and serve.

Bacon fat is especially good with turnips

Cranberry Sauce (Whole Berries)

1 quart (1 pound) cranberries
3/4 cup water

1 1/4 cups sugar

Pick over the cranberries and discard all that are withered or specked. Bring the sugar and water to the boil, pour in the berries, and stir until the berries are coated with the sirup. Boil for 5 minutes and stir lightly. Cover and let stand until cool. Chill before serving.

Pumpkin Pie

1 1/2 cups cooked pumpkin
1 cup milk
1/2 cup sugar
1 teaspoon cinnamon
1/2 teaspoon allspice

1/4 teaspoon mace
1/2 teaspoon salt
2 eggs
2 tablespoons butter
Pastry

Heat the pumpkin, milk, sugar, spices, and salt in a double boiler, add the beaten eggs and butter, and mix well. Pour the hot filling into a deep ^{baked} pastry shell, and bake in a moderate oven (350° F.) about 30 minutes, or until the filling sets.

If the pumpkin is prepared at home, it should be cooked down, or made as dry as possible before adding the other ingredients. Canned pumpkin is ready to use.



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: Lean meat, fish, or poultry, and cheese.	:

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ONE-DISH MEALS AS TIME-AND-MONEY SAVERS

A whole dinner in one dish makes an inexpensive, time-saving meal, especially for busy mothers of large families, says the U. S. Bureau of Home Economics. The housewife can make very appetizing dishes which will provide, at minimum cost, all the kinds of food the body needs. These dishes are much less trouble to serve and may be much less trouble to prepare than the same foods in separate dishes. They are often a convenient means of utilizing left-overs.



Onion soup with cheese is one of the most tempting of these one-dish meals. Made with meat stock, and served with toasted slices of bread and plenty of cheese, this soup is not only filling but a highly nutritious and ample meal. A cheap and satisfying addition to it, if desired, is corn bread, with its store of fuel food to add to the various nutrients of the soup.

Meat stew, made of beef, lamb, or oxtail, with a mixture of vegetables and a breadstuff of some kind--dumplings, whole grains of wheat, or barley--contains all the essential kinds of food at very low cost. Serve in addition, if desired, dried apricots, raisins, or prunes, to give variety of flavor and a finish to the meal.

Corn chowder, containing milk, potatoes, onion, and salt pork, is another good one-dish meal. Then there are vegetable soups, in which the cheaper dried or canned vegetables (home-canned, if you have them) can be used to keep down the cost. There are bean stews and peanut loaf, a long list of soups, chowders, meat and vegetable pies, and other combinations of cheap foods which supply the essential food materials.

Raw carrots, cut in strips, or raw cabbage, go well with the bean or peanut dishes.

Having in mind this week a family of 10, including 7 children and 3 adults, the food specialists of the bureau suggest several one-dish meals, utilizing such cheap foods as soup bone, stewing meat, fish, cheese, potatoes, carrots, beans, canned corn, peanuts, and milk (fresh, evaporated, or dried).

The recipes given here are only a few of the tested recipes for one-dish meals which the bureau has in its files. Most of them are in publications of the bureau, available free of charge, and any of them will be supplied on request.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF TEN
including three adults and seven children

Bread	25 - 35 lbs.
Flour	3 - 5 "
Cereal	10 - 12 "
Whole fresh milk	43 - 56 qts. or tall
Canned evaporated milk	43 - 56/cans
Potatoes	30 - 40 lbs.
Dried beans, peas, peanut butter	2 - 5 "
Tomatoes, fresh or canned, or citrus fruits	12 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	30 - 40 lbs.
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	6 "
Sugar and molasses	7 "
Lean meat, fish, cheese, eggs	10 - 14 "
Eggs (for children)	8 eggs

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RECIPES

Onion Soup with Cheese

12 medium-sized onions, chopped fine	1/2 cup cold water
1/4 cup butter	Salt to taste
1 quart boiling water	Pepper
2 quarts meat broth	Toast
1/2 cup flour	4 to 5 cups cheese, finely grated

Cook the chopped onions in the fat until yellow, add to the hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, and stir into the soup. Add the salt and pepper, and cook for a few minutes. Pour the soup into bowls or soup plates, place on top of each a slice of toasted bread, sprinkle the cheese over the bread and soup, and serve at once. Serves 10 to 12 people.

Vegetable Soup

1/4 pound dried lima beans	6 ounces chopped onions
1 cup water	1 No. 2 can corn
1 cracked soup bone - 2 or 3 pounds	1 No. 1 can peas
2 1/2 quarts water	2 1/2 tablespoons salt
1 No. 3 can tomatoes	Pepper
	1/2 teaspoon celery seed

Soak the beans overnight in the cup of water. Wash the soup bone, cover with the 2 1/2 quarts of water and simmer for 2 or 3 hours or until the meat is very tender. Remove the soup bone from the broth, cut off the meat and fat, discarding the gristle and bone. Try out the meat fat and cook the onions in it until slightly browned. Combine with the drained beans and the tomatoes and add



the mixture to the meat broth. Cook until the beans are tender, then add the other vegetables, the meat which has been chopped, and the seasoning. Cook and stir a few minutes to blend well before serving. Recipe yields 5 quarts of soup.

Corn Chowder

2 1/4 quarts diced raw potatoes (3 1/3 pounds)	5 No. 2 cans corn
1 1/4 quarts boiling water	* 1 1/4 cups dried whole milk
3/4 pound diced salt pork	5 cups cold water
9 ounces chopped onion	2 1/4 tablespoons salt Pepper

Cook the diced potatoes in the boiling water about 10 minutes. Fry the salt pork until brown and very crisp, then remove the pork and cook the onions in the fat. Add the onions and corn to the potatoes, and cook until the potatoes are done. Mix the cold water with the dried milk, (1 quart of fresh milk may be substituted for the water and dried milk), beat until smooth, and add to the first mixture with the salt and pepper. Bring to the boiling point and serve over crackers. Recipe yields 5 quarts.

*(Dried skim milk may be substituted for the dried whole milk. If this is done, the amount of salt pork should be increased. One pound of dried skim milk will make 5 quarts of liquid milk).

Lamb Stew

4 pounds stewing lamb	1 1/2 pounds diced potatoes
4 quarts water	3 tablespoons salt
2 pounds diced carrots	1/4 teaspoon pepper
3/4 pound chopped onion	1 cup flour

Breast, shoulder, neck, or flank may be used for lamb stew. Wipe the meat and remove some of the fat. Add the water to the meat and cook until very tender. Remove the bones and gristle and chop the meat into small pieces. Try out the fat until crisp. Then add the onions and carrots and cook and stir until somewhat browned. Remove about 1 pint of the liquid and when cool mix with the flour until smooth. Cook the vegetables in the meat broth and when tender stir in the flour paste and the meat, salt, and pepper. Stir until thickened. Cook ten minutes longer, then serve. Recipe yields 5 quarts.

Peanut Loaf

2 1/2 cups chopped peanuts	3 eggs
5 cups bread crumbs	1 1/4 teaspoons salt
5 tablespoons melted fat	1/2 teaspoon pepper 1 1/4 to 2 cups milk

Mix, using enough milk to make a moist loaf. Put in buttered pan and bake an hour in a moderate oven, keeping covered the first half hour. Baste once or twice with melted fat. Turn onto a hot platter and sprinkle with chopped peanuts.

